

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

March 2010

Gourmet Tuna Salad Spread

Mexican Beans and Rice

Glazed Vegetables

Shrimp Creole

Banana Poppy Seed Almond Muffins

Mexican Beans and Rice

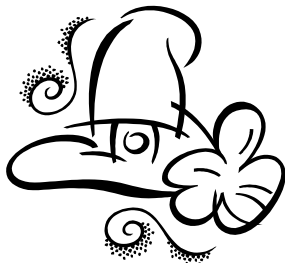
- 1 can (15-16 ounces) black beans
- 1 cup frozen corn
- 1 cup cooked brown rice
- 1 jar (15-16 ounces) salsa, mild to hot (whatever kind your family likes)
- 1 can (14.5 ounces) petite diced tomatoes

1. Place beans and corn in a saucepan. Stir together.
2. Add the cooked brown rice; stir in salsa and tomatoes.
3. Cook over low heat for 12 minutes or until heated through.
4. Serve with tortilla chips.

Nutrition Note: This recipe makes 5 servings. Each serving has 160 calories, 0.5 grams of fat, and 37 grams of carbohydrates.

Gourmet Tuna Salad Spread

- 2 hard boiled eggs, chopped
- 2 ounces imitation crab (or 2 sticks)
- 1 can (5 ounces) tuna, drained
- 1 tablespoon finely chopped onion
- 1 teaspoon mustard
- 1/4 teaspoon pepper
- 1/2 teaspoon sweet pickle relish
- 1/4 cup fat free sour cream
- 1/4 cup fat free or light salad dressing or mayonnaise
- 3 tablespoons grated parmesan cheese



1. Chop eggs and crab.
2. In a bowl, mix tuna into egg mixture.
3. Add all other ingredients to the tuna mixture and mix well.
4. Use as a spread on whole wheat bread, whole wheat tortillas, or crackers.

Nutrition Note: This recipe makes 7 servings (1/4 cup). Each serving has 80 calories, 2.5 grams of fat, and 5 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Wash vegetables before preparing or eating them.
Under clean, running water, rub vegetables briskly
with your hands to remove dirt and germs.
Dry with paper towels after washing.

(From ISU Extension Spend Smart Eat Smart website,
<http://www.extension.iastate.edu/foodsavings/>)

Breastfeeding:

Why breastfeed? "My husband is very supportive and the hospital made it very easy for me."

~ Dawn, WIC Breastfeeding Mom from Carrington, ND



Glazed Vegetables

- 2 tablespoons cornstarch
- 1 can (14 ounces) chicken broth
- 1 tablespoon oil
- 4 cups vegetables – for example, try:
 - 2 medium carrots, sliced (about 1 cup)
 - 2 celery stalks, sliced (about 1 cup)
 - 1 medium sweet red pepper, sliced (about 1 cup)
 - 1 large onion, cut into wedges (about 1 cup)
- 1/2 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1 cup fresh broccoli flowerets
- 1 cup peas or snow peas, fresh or frozen



1. In a bowl, slowly combine cornstarch and broth until smooth; set aside.
2. In a 10-inch skillet or wok, heat oil over medium heat.
3. Add carrots, celery, red pepper, onion, ginger and garlic powder. Stir-fry until vegetables are tender-crisp.
4. Add broccoli and peas. Add the reserved cornstarch mixture. Cook, stirring constantly, until mixture boils and thickens.
5. Reduce heat to low. Cover; cook 2 minutes or until vegetables are tender, stirring occasionally.

Nutrition Note: This recipe makes 8 servings. Each serving has 60 calories, 2 grams of fat, and 7 grams of carbohydrates.

Shrimp Creole

2 teaspoons oil
1/3 cup chopped celery
1/4 teaspoon garlic powder
1 can (8 ounces) tomato sauce
5 drops Tabasco sauce
1 teaspoon dried parsley
1 package (7 ounces) frozen salad shrimp
2 cups cooked brown rice

1. In a skillet, heat oil. Sauté celery until tender, about 5 minutes.
2. Add garlic powder, tomato sauce, Tabasco sauce and parsley. Simmer for 5 minutes.
3. Add shrimp and heat for 5 to 8 minutes.
4. Serve over rice.

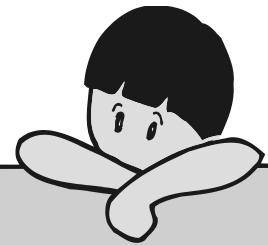
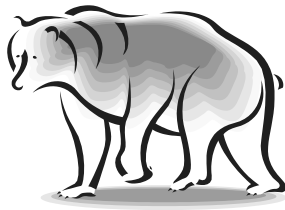
Nutrition Note: This recipe makes 4 servings. Each serving has 230 calories, 10 grams of fat, and 28 grams of carbohydrates.

Banana Poppy Seed Almond Muffins

1 1/2 cups all-purpose flour
1/2 teaspoon salt
2 teaspoons baking powder
1/4 teaspoon baking soda
1 egg
1/2 cup sugar
2 tablespoons unsweetened applesauce
2 tablespoons oil
1/2 cup low fat milk
2 1/2 teaspoons poppy seeds
2 bananas, mashed
1 1/2 teaspoons almond extract

1. Preheat oven to 350 degrees. Grease 18 muffin cups or line with paper muffin liners.
2. Combine flour, salt, baking powder and baking soda in a small bowl. Set aside.
3. Mix together egg, sugar, applesauce and oil in a medium-size bowl.
4. Add milk, poppy seeds, bananas and almond extract to the egg mixture, stirring until combined.
5. Gently stir in the flour mixture. Mix just until flour mixture is combined.
6. Spoon batter into muffin cups, filling to 3/4 full.
7. Bake for 20 minutes.

Nutrition Note: This recipe makes 18 muffins. Each muffin has 100 calories, 2 grams of fat, and 17 grams of carbohydrates.



Turn Off the TV

Help your child think of as many different animals as he can. Now move and act like an animal. Add music for more fun. Here is a list to get you started.

- Bear - stomp along the ground like a big black bear
- Bird - fly through the sky like a bird; flap your wings slow, fast, big and small
- Cat - arch your back, crawl around on your hands and knees
- Giraffe - stretch as high and tall as you can

(From the Iowa WIC Program)



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Special Supplemental Nutrition Program
for Women, Infants and Children
North Dakota Department of Health
Division of Nutrition and Physical Activity
600 E. Boulevard Ave., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1

GROWING HAPPY FAMILIES

Model the habits you want your children to develop.

Young children do not know how to eat like “big people”. They learn how to eat and how to act at the table by watching you. You are your children’s most important role model for developing lifelong, healthy eating habits.